

Understanding and channeling.

I think one of the most important things in psionics is to understand nature - not as a magician, but as a [student](#) of physics and chemistry and electromagnetism and yoga - and bend it.

First off, you need a good command of the universe. if you want to do anything with psionics, i suppose it works the same way as all those psychic things you learn on the net. so, read as many things as you can, and channel your own energy into a manipulating thing. i suppose the more you can manipulate facts to suite you, like members of this forum, then the better you can manipulate the energies around you.

But wait, hold on! in a conscious universe, everything is a part of the webs that we understand. say you want to talk to a rock, you can if you pray to from a god. this is not magic though, as, it is about a communication between you and the rock, you could say.

I remember walking in my garden, and, when i looked into the shadows of the trees, i saw that they resembled horrible faces. maybe this is the face of nature? it is very scary, but they look like fun guys!

If you were to want to bend reality with your 'mind' instead of 'symbols,' you need, as dungeons and dragons says, strength of the physical state of your own body and wisdom and intelligence. if you have any of these in abundance, you should be able to channel energy.

Now, to channel energy, you need your chakras to [connect](#) with the universe. if you were to observe that all your chakras are connected through the bones of your body, you need bones to connect to the universe, as well as muscles.

But, how do we connect our bodies to the universe? some say through meditation with the universe, i say understanding how the universe works, and there might be something nobody has thought of yet. but, we need to tell the universe what to do, pitting our will against it.

That must be it, our willpower. if you focus and concentrate on it, you may be able to make it happen. i have come to understand psionics as a art work, as, it is full of colors. auras are also full of colors. but, maybe we could dream of things, or, even better lucid dream what the universe wants us to, to do what the universe wants us to do, as, as it has reactions to our 'actions,' we react to it's reactions.

So, once again, this comes about with the path of least resistance. acceptance too. once we stop fighting the role the universe has placed us in, we will [start](#) to understand the role we are given. of course, it is not through our own inner energy that these things take place, it is our intellect and health versus the will of the universe, but, luckily for us, the universe loves change!

To understand the universe completely, we need to master all of the degrees out there - how nature works in physics and chemistry, how it cycles around in agriculture and oceanography, meterology, social sciences, economic sciences of maths and statistics... this could take a while!

How i understand things.

The way i see it, there is a certain way the universe acts or reacts to our influence. we can speed up the healing of cuts, but we cannot bring someone back from the dead. we can regrow limbs, but we cannot do it without a machine. if we were to replicate the workings of the machine, we would need to know [binary](#), electrical things and chemistry and some biology. if you know all those things, then maybe you can influence the healing process as jesus did?

So, i have dabbled in physics and chemistry, biology and art, social studies and philosophy, martial arts and gaming, and figure i know a little bit about everything. i think many of you do too, no?

Now, to unlock the potential of your mind, you need to understand something, and call on it as second nature which your subconscious will figure out for you quickly as you wish for it to be. for your subconscious to understand something, you need to understand it. maybe if you were to pray to understand something would work, and you will never forget, but the spell might wear off.

So, we are left with this world. maybe if we were to observe the role we play in the universe, the universe will [accept](#) us? so, what role do we play?

I guess we play a role of parenting. all the animals in the [beginning](#) were equal in terms of awareness and conscious. to raise our conscious to a higher level, i suppose, we need to be more aware. this can be done by taking mind expanding drugs that have an effect on us well after the events or awakening comes to pass.

So, how do we awaken? i know of esp where we can talk to others - is that the first step? after that, there is numerology, which is also to do with esp i and magic. i did model c maths, which gives me a different take on numerology to others, for example.

We need to figure it out, or make an educated guess, but how can we know we are right? if maybe we were to ask the universe to channel into us and fill us with understanding, we could understand the real world better? to do that we need to observe the environment you are in right now! yes, now! if you are in an office, for example, then you need to look around you and click with all the things in your office. you must [accept](#) everything, and lull in it's beneficial effects towards your life. then, there is rubbish. things like litter need to be picked up, as that is rubbish to someone else too. then, you are a source of 'help,' no?

Or, of course, we could say that we do not understand the 'universe' we are in, and seek a purpose? if we were honest, only people that have an imagination will seek a purpose, like a missionary finding purpose in the african villages? is that our purpose? going green is a purpose, proper loving parenting is a purpose, and being a shoulder to cry on is a purpose. if you were to not seek purpose, then you will never know your role.

Maybe our role is to be a actor in a play? hell, it should be, since we are like happy little children when we think of being a super hero with these powers i have spoken of, no?

So, since the universe is conscious, it might want to play with us? what does a parent do to a child? maybe we want to play with is? what does a parent do to a child?

Now, to get out of the blocks, we need to exercise. any connection with anything, be it studies or cooking, martial arts to riding a bike, requires practice to do properly. as we exercise, we gain ground in comfort with this understanding.

I think i have it now. merlin tried to activate our 'luck' in receiving much wealth on colored spheres coming into our mouth and being breathed in. this is receiving from the world. to affect the world, we need to blow it out, not take it in! i suppose that we could imagine spheres coming from our finger tips and affect the placement of a given grouping of mass, but we need to take things out of somewhere too.

SO, where does our energy come from? it comes from sugar and fat. it also comes from electricity. maybe stars were the wrong things to focus on? maybe we need to focus on 'air' and electrons - atoms! if we were to [picture](#) chemicals coming out of our bodies, or even our nervous system connecting with the world around us, maybe that will do the trick?

Recap one.

Science is the understanding of the things around you. if you were to observe that all matter has mass and is made of atoms, and that there are poles to push them around - opposites to attract like ones push away - then that is a start. if you were to observe that our bodies are conscious due to fear, we need to also accept that the only heat in the universe comes from fires, static electricity, movement, earth's and other planet's cores and the suns. heat is the [beginning](#) of life, so, when working with dead matter, we need to heat it up using our body fat and sugar or movement. i just got to go check something...

Breaking images with your eyes.

A long time ago i used to 'break' clouds. this is like wall breaking, or breaking down a wall by looking at it - your will against it's will. If you are successful it will look like the image is no longer there, or look half there until you refocus or blink, so it is like a cats staring contest. i used to do this to posters too, and the things they told me! anyways, we want to make a 'psionic item' out of hopefully metal, like a spoon, [yes](#)? this is the best way to activate your crown chakra, as, i felt like the crown on the back of my head - you know, that like stump aerial on the back of your scalp? - was going to fall off. this chakra connects you to the rest of the world and universe around you.

Anyways, i took a knife and placed it onto a mirror, onto a wooden shelf, and onto a tile on the floor talking to it with my mind the whole time. these things, as all things in the universe are conscious, as you will find when you are trying to make it fly - a spoon of [course](#)! - as it was speaking to me the whole time. i suppose it was just interrupting my thoughts with a fresh perspective on how to 'launch' it. all the while you hold it in your hand, when you feel your fingers making an impact on the item, it is actually you moving. sometimes you will be so convinced you should do something that it over powers your will power and you drop it, as it does not want to be 'dominated.'

So, you make your 'spoon item' and then eat with it, or breathe it in. you must also breathe out over it. i saw, or think i saw, it glow white like sting in the hobbit movie, and then a droplet came to the top of the blade and i breathed it in as well. then i saw it go red, as if it was really hot, and flipped the blade to the other side to see if i could get that side to glow too. if i didn't know any better, i saw a few faces on the blade, mourning over something, and deiced to breathe in the second one from the top, as that i guessed is what i was looking for. then, on the other side saw the spooky image of a faerie. faeries or spirits are like paradoilia, we can conjure at any time, and i put it on as if it was a ring, or thought i did so as to communicate with the faeries, and, then breathed it in too, and out towards it.

Please do not let your kids put their eyes to the knife tip and tell it up like harry potter - it might get angry and i do not know what it will do. this is a [test](#) of wills, as, everything in the physical world is a faerie, from a grain of sand to a mountain. all you need to do is focus and to have patience.

Acceptance.

I find the more you [accept](#) the way others see you, the more happy and sexy you will be. do not laugh, i believe that to be a true sexy sexpot you need to be composed, and, rejecting things make you 'stiff.' nobody wants to be stiff, as then you become angry and afraid of your role in society. there is nothing wrong with seeing yourself as a leader in society, but, in taking this into your own hands and trying to change how others see you, you will never change - change yourself! do not deny others, deny yourself.

I say this because you need to relax to be happy. if someone doesn't like you, especially of the opposite sex, you must [accept](#) that - do not try to change them, change yourself!

You can do this by acceptance. accepting where you are, who you are and what you have done is a key to true happiness. if you were to accept that nobody likes your painting, you will let it go, yes? if you let things go, especially socially - things to do with social acceptance - then you will relax and be sexy! don't you want to be sexy? will you get mad if you follow my advice for a moment, find yourself sexy, then when someone says you are not, you will get mad? accept it, as, when you do, new doors open for you.

I found myself sexy once. then i let it go to come here and debate - something i absolutely love. now i have social problems. my response is not to change others opinions of me, but to deny it. this is not following my own advice, as, i just have not found true happiness outside of my house, sitting here, doing what i do. this forum to me is happiness. but, i bet you all want to be sexy, yes?

Well, how can you change yourself? if you were to relax, you will become sexy. you will also become happy, but i am trying to appeal to your genitals... so, you will relax and find inner peace if you accept others as they are, or, hang around with others that make you relax, as hostility is your enemy. if you were to welcome a new person into your circle, you will feel welcome too - if you were to reject others, you will feel hostile as you will feel that they will reject you too! this means, acceptance of all things will make you... er.. what was it... oh yes, sexy!

Taking things for granted.

In life, we all take things for granted. recently i have laid in my bed, and thought about being very thankful for it! i just lie there and accept that it is not a right to have a bed, but rather a [luxury](#). it is such a simple luxury though, but if you appreciate it, then you have accepted the simple pleasure around you. i like to lie there and just toss slowly in my covers, in wonder at how easy it is to find great peace, mind you.

Now, what do you appreciate? don't be shy! if you like to, for example, ride in your car - i am not talking about gridlock, but real riding around - you may feel fast, powerful, responsible for getting your kids somewhere else, and other wise just comfortable in the seats. if you were to love this, that gridlock could become a problem emotionally of the past. if you were to just go and sit there, i know a lot of couples first interaction is in the car, and talk to someone, then you might connect in a lavish way - something simple forming something concrete like a

good relationship? count me in!

If you like to sit and read in your lounge, or watch television, then those are more lavish luxuries, but, does that mean that they yield less satisfaction? satisfaction is the name of the game, but, we take it for granted! that is what this entry is about - taking things for granted, which we all do. if you were to appreciate the things around you, you will be very happy and then you will think about pure things, and find even more happiness i reckon.

Now, once you have appreciated the things around you, and feel 'happy' or satisfied, then talk to others about it! it may sound strange, but the path to true happiness is to think about the things around you. i guess i got onto this idea because i don't have many people in my life to be thankful for, only really seeing my family, but, i am so happy it oozes out of me in a not too contagious manner. it is not contagious because the people around me do not accept the things around them, or, take it for granted. this is harder to do, to spread a message of not taking things for granted than it sounds, but, at least you will be happy, no?